

CBGSA

Quarterly Newsletter

Greetings from your surgeons and staff of CBGSA! Spring is in the air which means it's time to get outside and enjoy all that Southern California has to offer! We hope this newsletter finds you in great health and well on your way towards your weight loss goal.

1. Lower BMI Criteria for Lap Band

In February the FDA changed their recommended criteria for patients to undergo the Lap Band procedure. The old criteria included either having a bmi of greater than 40 or a bmi greater than 35 with associated health problems. After a reviewing the results of a 5 year study the FDA has now approved the device for patients with a BMI greater than 30 with at least one obesity related health problem. In the study about 84% of patients lost at least 30% of their excess weight. More than 65% dropped their weight below the clinical definition of obesity (below BMI of 30). Although the FDA has approved the device for patients with a BMI of greater than 30 the insurance providers have yet to change their criteria for who they will cover for the surgery.

2. Annual Reunion

We are excited to announce that our annual reunion will be held on May 25th in the Embassy Suites Hotel in Arcadia. As you know we pick a theme for the event every year. Last year we had ourselves a good ol' time with a western reunion. This year we are rolling out

the red carpet for Hollywood Night!! For those of you who are at least 6 months post op, we look forward to seeing you walk down the red



carpet. Dress to impress because the event is likely to be swarming with paparazzi.

3. Lap Band Adjustments

Regardless of which surgery you have chosen the keys to successful weight loss are proper nutrition, exercise, and regular follow up visits. For Lap Band patients regular follow up is of utmost importance. It can take many adjustments before you achieve adequate restriction with your band. As you lose weight you will require adjustments to achieve restriction and early satiety and continued weight loss. Contrary to popular belief there is a point where the band can be too tight. Frequently throwing up after eating or having pain is NEVER normal. These symptoms usually indicate the band is too tight and can even be indicative of a band slip. Surprisingly a band that is too tight will make it difficult to lose weight. Patients will tend shift from eating healthy foods to consuming high caloric liquids such as milkshakes, ice creams, smoothies etc. that can pass thru a band that is too tight. Thus failure to lose weight may not be because the band is too loose but rather too tight. This is something that is determined during regular follow up visits which is what makes follow up after lap band so critical!

4. The Importance of Iron

Six months following surgery we check a full battery of nutritional labs one of which is Iron. Iron has many functions in the body the most important of which is to make red blood cells to carry oxygen to your organs. Iron deficiency can lead to anemia which may cause fatigue, dizziness, or even shortness of breath. Patients who have undergone gastric bypass can be at particular risk for iron deficiency because the most efficient parts of the bowel at absorbing iron (duodenum and first part of jejunum) are bypassed. This is the reason it is so important to take 3 multivitamins with iron to reduce the likelihood of iron deficiency and subsequent anemia. Eating foods that are rich in iron will also help prevent iron deficiency. Examples of foods that are rich in iron include red meat, poultry, seafood, dark green vegetables, and eggs.

5. Upcoming Support Group Dates

All support groups take place in Lewis Hall at Methodist Hospital. Meetings take place on the 1st, 3rd, and 4th Monday of the month. Group 1 meets on the first Monday and is geared for patients less than one year post op. Group 2 meets on the third Monday and will be aimed toward patients greater than one year out from surgery. Group 3 which meets on the fourth Monday of the month will be geared toward our lap band patients. You are encouraged to attend any and all support group meetings regardless of where you are in the post op course or which operation you underwent.

Please refer to our website cbgsa.net for maps and directions to Lewis Hall.

Support Group: May 2nd 7:30-8:30pm (group 1)
May 16th 7:30-8:30pm (group 2)
May 23rd 7:30-8:30pm (group 3)
June 6th 7:30-8:30pm (group 1)
June 20th 7:30-8:30pm (group 2)

6. Upcoming Symposiums

If you have a family member or friend who is interested in learning more about the surgical treatment options for weight loss please let them know about an upcoming symposium. Our symposiums take place both at Lewis Hall of Methodist Hospital and Braun Auditorium of Huntington Memorial Hospital.

Lewis Hall(AMH) May 4th 7-830pm
May 21st 10am-1130am

Braun Auditorium(HMH) May 14th 10-1130am

7. Please visit us online at CBGSA.NET for all of your supplement needs. If you would like to receive this newsletter in the future via email please contact us at info@cbgsa.net or (626)445-0600.

